

RA - Rheumatoid Arthritis

RA-AP ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will understand anatomy and physiology as it relates to rheumatoid arthritis.

STANDARDS:

1. Explain the normal anatomy and physiology of the joints.
2. Discuss the changes to anatomy and physiology as a result of rheumatoid arthritis.
3. Discuss the impact of these changes on the patient's health or well-being.

RA-C COMPLICATIONS

OUTCOME: The patient/family/caregiver will understand the common complications of rheumatoid arthritis and their management.

STANDARDS:

1. Explain that rheumatoid arthritis is a chronic disease that worsens over time. The patient may experience symptom-free days and periods of worsening symptoms.
2. Review the common complications associated with rheumatoid arthritis, e.g., infection, renal disease, lymphoproliferative disorders, and cardiovascular disease.

RA-CM CASE MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the importance of integrated case management in achieving optimal health and function.

STANDARDS:

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

RA-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the pathophysiology of rheumatoid arthritis.

STANDARDS:

1. Review the disease process of rheumatoid arthritis. RA is an autoimmune disease that causes pain, swelling, stiffness, and loss of function in the joints. RA usually affects the same joints on both sides of the body. It occurs most frequently in the fingers, wrist, elbows, shoulders, jaws, hips, knees, and toes.
2. Discuss the possible cause of RA is likely a combination of genetic and environmental factors that trigger an abnormal immune response such as: genetic, immune system defect, environmental agents (viruses and bacteria), and other factors (hormonal).
3. Explain that risk factors are something that increases the chance of getting a disease or condition. RA risk factors include: family members with RA, sex (female), ethnic background (Pima Indian), and heavy or long-term smoking.
4. Explain and discuss the signs and symptom of rheumatoid arthritis. Tell the patient/family there is no single test for RA. Diagnosis of RA is by a combination of symptoms, medical history, and physical exam of joints, skin, reflexes, and muscle strength. Symptoms may include:
 - a. Joint pain and stiffness that is symmetrical, prominent in the morning and lasts at least a half hour
 - b. Red swollen or warm joints and joint deformity
 - c. Mild fever, tiredness
 - d. Loss of appetite
 - e. Small lumps or nodules under the skin
5. Refer to the National Arthritis Foundation or community resources as appropriate.

RA-EQ EQUIPMENT

OUTCOME: The patient/family/caregiver will understand and demonstrate (when appropriate) the proper use and care of assisted medical devices/equipment.

STANDARDS:

1. Discuss the indications for and benefits of the prescribed medical equipment.
2. Discuss the types and the features of the assisted medical devices/equipment as appropriate. Devices that assist in the activities of daily living can also reduce stress on joints such as:
 - a. Zipper extenders
 - b. Long-handled shoehorns

- c. Specially-designed kitchen tools
3. Discuss and/or demonstrate the proper use, care, and cleaning of assisted medical devices/equipment. Have patient/family/caregiver perform a return demonstration of the proper use of medical device/equipment.
4. Discuss the signs of assisted medical devices/equipment malfunction and the proper action in case of malfunction as appropriate.

RA-EX EXERCISE

OUTCOME: The patient will maintain an optimal level of mobility with minimal discomfort.

STANDARDS:

1. Emphasize that physical activity is for maintaining muscle strength and flexibility as well as providing joint mobility. Rest helps reduce active joint inflammation and pain. Stress the importance of balancing rest and physical activity.
2. Explain that physical activity can help reduce rheumatoid arthritis symptoms, such as preventing joint stiffness, improving joint flexibility, reducing pain.
3. Discuss medical clearance issues for physical activity. Review the prescribed physical activity program.
4. Emphasize the importance of “warm-ups and cool-downs.” Caution the patient not to overexert.-

RA-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of rheumatoid arthritis.

STANDARDS:

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

RA-L LITERATURE

OUTCOME: The patient/family will receive literature about rheumatoid arthritis.

STANDARDS:

1. Provide the patient/family with literature on rheumatoid arthritis.
2. Discuss the content of the literature.

RA-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient will understand the lifestyle changes necessary to optimize performance of everyday activities.

STANDARDS:

1. Review the appropriate activity level and the importance of avoiding fatigue.
2. Discuss Activities of Daily Living (ADL) aids. Make a referral to social services for assistance in procuring such devices.
3. Explain how physical activity and social involvement may decrease the pain, depression, and anger often associated with rheumatoid arthritis. Discuss the techniques that may reduce stress and depression such as meditation, imagery, prayer, hypnosis, and biofeedback.
4. Discuss how self-image, pain, fatigue, inflammation, limited joint mobility, and medications can alter sexual desire and sexual activity. Assess the level of acceptance and offer support and referral to social services and community resources as appropriate.
5. **Refer to HPDP.**

RA-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

5. Explain that rheumatoid arthritis is chronic, making long-term management of pain and symptoms of the disease very important.

RA-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of rheumatoid arthritis.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

RA-N NUTRITION

OUTCOME: The patient will understand the role of nutrition and rheumatic arthritis.

STANDARDS:

1. Discuss the importance of eating a variety of foods and regular meals. Explain that a well-balanced diet helps to manage body weight and provides the body with the nutrients it needs to stay healthy.
2. Explain that carbohydrate intolerance may occur because of chronic inflammation and use of steroids.
3. Encourage nutrient-dense foods if intake is poor and the need for vitamin and mineral supplementation.
4. Instruct the patient about simplified planning and preparation of meals as appropriate and refer to a dietitian.
5. Explain the use of herbs and botanical supplements should not be used without discussing with a physician.

RA-PM PAIN MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the patient's pain management program.

STANDARDS:

1. Stress the need to fully participate with the prescribed treatment plan, that may include chronic pain management.
2. Emphasize the importance of rest and the avoidance of fatigue.
3. Discuss the use of heat and cold.
4. Discuss the techniques that may reduce stress and depression such as meditation and bio-feedback.
5. Emphasize the role of exercise in reducing pain, maximizing mobility, and reducing stress/anxiety.
6. Refer to physical therapy as appropriate.

RA-PRO PROCEDURES

OUTCOME: The patient/family will understand the proposed procedure, including the indications, complications, and alternatives, as well as, possible results of non-treatment.

STANDARDS:

1. Discuss the indications, risks, and benefits of the proposed procedure as well as the alternatives and the risk of non-treatment.
2. Explain the process and what is expected after the procedure.
3. Explain the necessary preparation for the procedure.
4. Discuss pain management as appropriate.

RA-S SAFETY

OUTCOME: The patient/family/caregiver will understand the importance of injury prevention and will implement necessary measures to avoid injury.

STANDARDS:

1. Explain the importance of body mechanics and proper lifting techniques in relation to physical limitations to avoid injury.
2. Explain ways to adapt the home to improve safety and prevent injuries, such as remove throw rugs, install safety bars in hallways and near stairs.
3. Stress the importance and proper use mobility devices (cane, walker, electric scooters, wheel chair).

4. Explain the importance of recognizing driving limitations. Refer to the community resources.

RA-SM STRESS MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the role of stress management in rheumatoid arthritis.

STANDARDS:

1. Explain that uncontrolled stress is linked with increased exacerbations of rheumatoid arthritis.
2. Explain that effective stress management may reduce the number of relapses, as well as help improve the patient's health and well-being.
3. Discuss that increased stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use and inappropriate eating, all of which can increase the risk of morbidity and mortality from rheumatoid arthritis.
4. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
 - a. Becoming aware of your own reactions to stress
 - b. Recognizing and accepting your limits
 - c. Talking with people you trust about your worries or problems
 - d. Setting realistic goals
 - e. Getting enough sleep
 - f. Maintaining a healthy diet
 - g. Exercising regularly as tolerated
 - h. Taking vacations
 - i. Practicing meditation, self-hypnosis, and positive imagery
 - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
 - k. Participating in spiritual or cultural activities
5. Provide referrals as appropriate.

RA-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

STANDARDS:

1. Explain test(s) that have been ordered (explain as appropriate):

- a. method of testing
 - b. necessity, benefits, and risks of test(s) to be performed
 - c. any potential risk of refusal of recommended test(s)
 - d. any advance preparation and instructions required for the test(s)
 - e. how the results will be used for future medical decision-making
 - f. how to obtain the results of the test
2. Explain test results:
 - a. meaning of the test results
 - b. follow-up tests may be ordered based on the results
 - c. how results will impact or effect the treatment plan
 - d. recommendations based on the test results

RA-TX TREATMENT

OUTCOME: The patient/family will understand the mutually agreed upon treatment plan.

STANDARDS:

1. Explain the treatment plan. Emphasize the importance of active participation by the patient/family in the development of and the adherence to the treatment plan.
2. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risks/benefits of treatment and non-treatment.
3. Review the treatment plan with the patient. Explain that complications are worsened by not participating with the treatment plan.